FOR OFFICIAL USE			

	KU	HI
Total Marks		

1660/27/01

NATIONAL 2013

TUESDAY, 7 MAY QUALIFICATIONS 9.00 AM - 10.00 AM HOME ECONOMICS STANDARD GRADE Foundation Level

Fill in these boxes and read what is printed below.	
Full name of centre	Town
Forename(s)	Surname
Date of birth Day Month Year Scottish candidate number 1 Try to answer every question in this paper. 2 Read the questions carefully before you answer the	
3 Write your answers in the spaces provided.4 If you need to do any rough work, use the spaces provided.	rovided.
5 Before leaving the examination room you must give not, you may lose all the marks for this paper.	





DO NOT

				WRI IN T	ITE HIS
1.		ve the correct answer to the following questions by ticking (/) the propriate box(es).	Marks	KU	HI
	(a)	Choose two water soluble vitamins from the list below.			
		Vitamin A			
		Vitamin B			
		Vitamin E			
		Vitamin D			
		Vitamin C	2		
	(b)	Identify two ways to increase Total Complex Carbohydrates in the diet.			
		Use pasta or rice in meals			
		Use semi skimmed milk instead of full fat milk			
		Use low sodium salt in cooking			
		Use oily fish instead of red meat			
		Add peas or beans to soup	2		
	(c)	Which two foods are suitable for a vegan?			
		Bacon			
		Milk			
		Nuts			
		Lentils			
		Kidney	2		

[1660/27/01] $Page\ two$

					IN T MAR	
1.	(co	ntinued)		Marks	KU	НІ
			hoon in connectly stored in this refuirements.	C		
	(<i>a</i>)	which two loods have	been incorrectly stored in this refrigerator	Ţ.		
			Salad			
			Cake			
			Chicken			
		GANG DUG	Eggs			
			Beans	2		
				_		
	(e)	Choose two rules to fo	llow for safety on the stairs.			
		Have dim lighting				
		Have non-slip flooring				
		Do not use the hand ra	uil			
		Allow children to play				
				2		
		Remove all items from	the stairs	2		
	(<i>f</i>)	Identify one "white go	ood" from the list below.			
		Toaster				
		Handblender				
		Washing machine				
		Sink		1		
	(g)	Which one of these is	a design feature?			
		Cost				
		Strength				
		Hood				
		Waterproof		1		

	IN THIS
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7	

1.	(co	ntinued)			Marks	KU	НІ
	(h)	What is the meaning of	this label?				
		•	Suitable for vegetarians				
			Organically produced food				
			Toy is safe to use				
			Suitable for tumble drying		1		
	(<i>i</i>)	Which one of the follosleepsuit?	owing fastenings is most suitable	for a baby's			
		Hook and Eye					
		Poppers					
		Buttons					
		Ribbons			1		
	(<i>j</i>)	Which method of paym	nent is not a form of credit?				
		Credit Card					
		Hire Purchase					
		Debit Card					
		Store Card			1		
	(k)	Identify one advantage	e of internet shopping.				
		You can try the goods of	on before you buy				
		You can choose from a	large variety				
		You can touch the good	ds				
		You may be charged fo	r delivery		1		

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[Turn over for Question 2 on Page six

KU HI

Marks

2. (a) Look at the recipe below and answer the questions that follow.

	Macaroni Cheese		
Ingredie	ents		
75 g	macaroni		
25 g	margarine		
25 g	flour		
250 ml	milk		
50 g	cheese (grated)		
2·5 ml	English mustard		
Seasonin	gs		
Method			
	f fill large saucepan with boiling water. Add macaroni. Cook 10 minutes. Drain.		
2. Me	It margarine, add flour, stir well. Cook for 1 minute.		
3. Ren	nove from heat onto pot stand.		
4. Gra	dually add milk, stirring constantly.		
5. Ret	urn to heat. Bring to boil, stirring to prevent lumps.		
6. Sim	nmer gently for 2 minutes.		
7. Ren	nove from heat. Add mustard and cheese, stir in macaroni.		
	move from ficat. Trad mustard and cheese, stil in macaroni.		
	Which one ingredient should be grated? How much mustard is used in this recipe?	_ 1	
	Which one ingredient should be grated?	_ 1	
2	Which one ingredient should be grated?		
2	Which one ingredient should be grated? How much mustard is used in this recipe?		
2	Which one ingredient should be grated? How much mustard is used in this recipe?	_ 1	
2	Which one ingredient should be grated? How much mustard is used in this recipe? Why should you stir the sauce?	_ 1	

[1660/27/01]

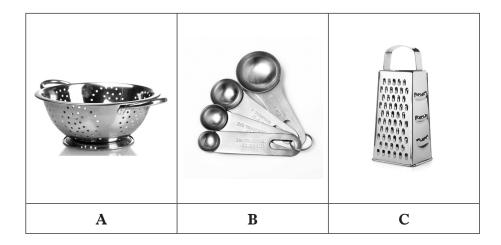
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2	(~)	(continued)
Z. ((a)	(continuea)

(ii) Look at the equipment shown below.



Which piece of equipment should be used for the following tasks?

Draining macaroni

1

Measuring mustard_____

1

(b) (i) State **one** safety rule to follow when draining pasta.

1

(ii) State **one** reason why it is important to use a pot stand.

1

(iii) List **two** nutrients found in cheese.

1_____

1

2

1

[Turn over

KU HI

Marks

3. (a) Look at the food order below and answer the questions that follow.

Date required: 16th March 2013		Home Economics	s Department Food	Order
100 g unsalted butter 150 ml whipping cream Fruit/Vegetables 50 g tinned mandarins (i) What is the item being made? (ii) How much caster sugar has been ordered? (iii) What size are the sponge tins? (iv) How much vanilla essence is required? (v) What type of cream is used?	Recipe: Fru	it Sponge	Date required: 1	6th March 2013
butter 150 ml whipping cream Fruit/Vegetables 50 g tinned mandarins (i) What is the item being made? (ii) How much caster sugar has been ordered? (iii) What size are the sponge tins? (iv) How much vanilla essence is required? (v) What type of cream is used?	Dairy	Meat/Eggs	Stores	Extra equipment
whipping cream Fruit/Vegetables 5 ml vanilla essence Nylon piping bag with nozzle (i) What is the item being made? (ii) How much caster sugar has been ordered? (iii) What size are the sponge tins? (iv) How much vanilla essence is required? (v) What type of cream is used?	outter	2 medium eggs	flour	2×15 cm sponge tins
 (ii) How much caster sugar has been ordered?		50 g tinned	5 ml vanilla	Nylon piping bag
(iii) What size are the sponge tins?	(i)	What is the item bein	ng made?	
(iv) How much vanilla essence is required?	(ii)	How much caster sug	gar has been ordered:	>
(v) What type of cream is used?	(iii)	What size are the spo	onge tins?	
	(iv)	How much vanilla es	sence is required?	
(vi) What is the piping bag made from?	(v)	What type of cream i	s used?	
	(vi)	What is the piping ba	ag made from?	

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1

1

1

1

3. (continued)

(b) Thinking about current dietary advice, look at the dietary diseases listed below.

Match the Scottish Dietary Target with the dietary disease that it helps to prevent. Use each dietary disease once.

One is done for you.

Obesity	Constipation	Tooth decay	Coronary heart disease	High blood pressure
A	В	С	D	Е

Scottish Dietary Targets	
Eat less sugar	
Eat less fat	
Eat more oily fish	D
Eat less salt	
Eat more Total Complex Carbohydrates	

[Turn over

[1660/27/01]

Marks

2

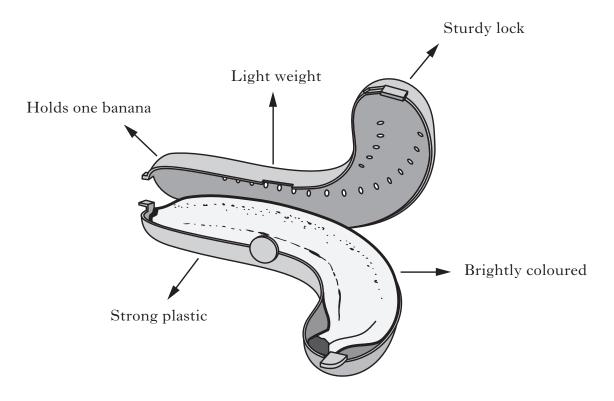
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4. A youth worker is going on a sponsored walk and is taking a banana as a snack. He will put the banana in his backpack along with other essentials for the walk.

The youth worker is going to use a banana guard.



(a) Give **three** reasons why the banana guard is suitable for the youth worker and explain why **each** reason is important to him.

Reason 2			
Reason 3			

[1660/27/01]

Reason 1 __

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4.	(00	ntinued)	Marks	WR IN T MAR	HIS
т.			Marks	KU	HI
	(0)	State two benefits of walking. Benefit 1			
			1		
		Benefit 2			
			1		
			1		
		[Turn over			

5. (a) A primary school needs a top as part of the school uniform.

The top needs to be

- Hard wearing
- Easy to care for
- Suitable for all pupils
- Low cost

Look at the information about tops below.

	Information about tops		
	A	В	C
Durable	***	*	***
Sizes available	ages 2–5	ages 7–10	ages 4–12
Machine wash	Yes	No	Yes
Colours available	3	2	6
Cost	2 for £18	£11	£8

Key: Durability		
*	***	
Poor	Good	

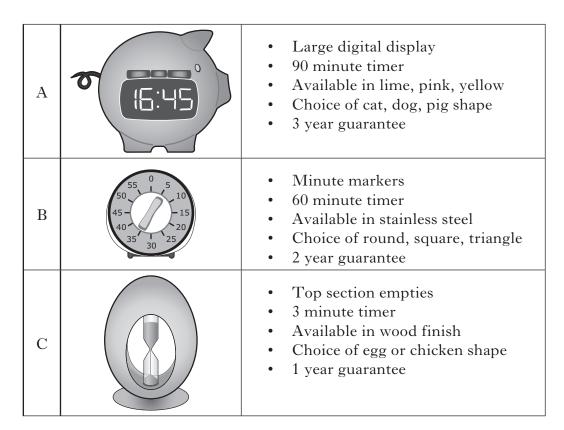
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⊥ V.	$_{1}$	11113	

5.	(a)	(con	atinued)		WIWKS	KU	HI
		(i)	Choose the most suitable top for the school.				
			Top		1		
		(ii)	Give two reasons for your choice and explain important for the school and its pupils.	why each reason is			
			Reason 1				
					2		
			Reason 2				
					2		
		(iii)	The school want a top for the nursery class. Choose the most suitable top for the nursery	class.			
			Top		1		
	(b)	The	following care labels are found on clothing.				
		State	e what each symbol means.				
			Meaning:				
					1		
			Meaning:				
					1		
				[Turn over			

6. (a) An elderly single person wants to buy a kitchen timer.



Look at the information about kitchen timers below.



6.	(a)	(con	atinued)	Marks	KU	НІ
		(i)	Choose the most suitable kitchen timer for the elderly single person.			
			Kitchen timer	1		
		(ii)	Give two reasons for your choice and explain why each reason is important for the elderly single person.			
			Reason 1			
				2		
			Reason 2			
				2		
		(iii)	Which kitchen timer would be most suitable for cooking boiled eggs?			
			Kitchen timer	1		
(b)	Nar	ne tw	vo sources of income.			
	Sou	rce o	f income 1	1		
	Sou	rce o	f income 2	1		
			$[END\ OF\ QUESTION\ PAPER]$			

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1		16		0
2		4		6
3		4		6
4		2		6
5		2		6
6		2		6
Γotal Marks		30		30

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